



Ambasáid na hÉireann  
Embassy of Ireland  
Ambasciata d'Irlanda

## Nutrition programmes – perspectives from the Field MALAWI

# Malawi and Ireland



# Study Mission to Malawi

**Embassy of  
Ireland, Malawi**

Country Strategy  
Paper 2016-2020

**World Food  
Programme**

Resilience in  
Phalombe and  
Nutrition in  
Ntchisi

**Food and  
Agriculture  
Organisation**

Resilience in  
Phalombe

**International Fund  
for Agricultural  
Development**

Sustainable  
Agriculture  
Practice  
Programme (SAPP)

**Social Impact  
Enterprise**

RUTF produced  
locally from  
locally source  
materials

**Non-  
Governmental  
Organisation**

FFS for climate  
smart  
agriculture

**Malawi** was chosen as a suitable location to investigate the cooperation and assistance provided by Ireland, UN Agencies, Social Impact Enterprises, and Non-Governmental Organisations (NGOs) to national governments of developing countries to achieve Sustainable Development Goal 2: Zero Hunger. The primary focus of this study mission was to understand the impact of stakeholder actions and interventions at ground level, including individuals, households and communities, in order to appreciate the methodology, effectiveness and limitations of bilateral and multilateral development cooperation policies, strategies, programmes and funding modalities to ending hunger, achieving food security and improved nutrition, and promoting sustainable agriculture.



# Stunting in Malawi – Snapshot



1.1 million children aged 0-59 months (37%) suffer from stunting <sup>1</sup>

8% of children aged 6-23 months consume a diet that meets the minimum requirements for growth and development <sup>1</sup>

The annual cost of child undernutrition is estimated at USD 597 million – 10.3% of Malawi's GDP <sup>2</sup>

<sup>1</sup> Malawi Demographic and Health Survey 2015-16

<sup>2</sup> Cost of Hunger in Africa (COHA) report 2015



# Prevention of Stunting Programme Ntchisi District

Pilot programme 2014 – 2018

Reduce the prevalence of stunting

Partnership – Government of Malawi

WFP provided technical assistance

55,282 people (11,056 households) in Ntchisi District will require  
1,105.64 MT of food assistance during the lean season from  
October 2018 to March 2019

MVAC Food Security Phase Classification and Forecast 2018



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# Comprehensive Programme

**Table 1: Causes of malnutrition in Ntchisi District, Malawi**

Status	Cause	Intervention
Basic	Inadequate access to services	<ul style="list-style-type: none"> <li>• Build capacity of health extension workers</li> <li>• Specialised training for Care Groups</li> <li>• Strengthen linkages between Care Groups and Health Centres</li> </ul>
	Financial and human resources	<ul style="list-style-type: none"> <li>• Long-term donor support</li> <li>• WFP technical nutrition capacity support to Government</li> </ul>
	Sociocultural, economic and political contexts	<ul style="list-style-type: none"> <li>• Support for nutrition governance</li> <li>• Advocacy for nutrition</li> <li>• Support to the Donor Nutrition Security Group (DNSG)</li> </ul>
Immediate	Inadequate dietary intake	<ul style="list-style-type: none"> <li>• SuperCereal (fortified blended food) to PLW</li> <li>• SuperCereal Plus to children under 5 with moderate acute malnutrition</li> <li>• SQ-LNS to all children aged 6-23 months</li> </ul>
	Disease	<ul style="list-style-type: none"> <li>• Advocating for malaria control</li> <li>• Support Government to implement standard health practices</li> <li>• Support Government to host open days</li> </ul>
Underlying	Household food insecurity	<ul style="list-style-type: none"> <li>• Small-livestock production</li> <li>• Homestead gardening</li> </ul>
	Household, environment and health services	<ul style="list-style-type: none"> <li>• Construction of pit latrines with drop-hole covers</li> <li>• Handwashing stations</li> </ul>
	Inadequate foods, feeding and care practices	<ul style="list-style-type: none"> <li>• SBCC focused on breastfeeding</li> <li>• SBCC focused on IYCF</li> </ul>



# Household food insecurity



## Backyard gardens

Vegetables & fruits

## Small-livestock production

Guinea-pigs & rabbits



# Household, Environment and Health Services



## Water, Sanitation and Hygiene (WASH)

Construction of pit latrines with drop-hole covers

Handwashing stations

Dish racks

Clothes drying-lines

Fuel efficient cook stoves





# Inadequate foods, feeding and care practices



## Social Behaviour Change Communication

Formative research

Awareness & education

Interpersonal & multi-media

Partnerships

Gender

Good health & nutrition practices

Adoption of desired behaviours



# Results

Increased linear growth by 0.34

Increased dietary diversity by 20pp

Reduced underweight by 7.5pp

Reduced acute malnutrition by 2.6pp

Positive nutrition and WASH behaviour change

97% of households had access to a toilet

37% of households had access to hand washing facilities



# Perspectives from the field

Challenges

Potential

Sustainability

Transformation



# Ireland and World Food Programme

Confirming Ireland's commitment to fighting world hunger, in conjunction with WFP



Partners in the fight to end global hunger and malnutrition

Multi-year **Strategic Partnership Agreement 2019-2021**

WFP Executive Board 2018 & 2019



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A photograph of a young boy in a green shirt looking at the camera. The image is overlaid with a semi-transparent green rectangle. In the background, other people are visible, including a person in a red shirt and another in a blue and yellow striped shirt. The setting appears to be outdoors near a brick wall.

**THANK YOU**